



November 2020 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Bourguignon with Potatoes, Barley, Manhattan Vegetables WHOLE FRUIT	3 Stir Fried Chicken Broccoli & Carrots Mixed Rice Green Beans WHOLE FRUIT	4 Fish Provencale Tilapia with Tomatoes, Onion, Garlic, Olives Spinach Mixed Rice & Lentil Pilaf ORANGE	5 Baked Ziti with Italian Sausage California Vegetables Garbanzo Beans with Tomatoes WHOLE FRUIT	6 Cilantro Lime Chicken On Mixed Rice Black Beans Corn ORANGE
9 Chicken with Pesto Cream Sauce Wheat Pasta Carrots ORANGE	10 Beef Stroganoff Parsley Potatoes, Broccoli Whole Wheat Bread WHOLE FRUIT	11 VETERANS DAY HOLIDAY CLOSED 	12 Pork Loin with Tarragon Mustard Sauce Mixed Rice California Vegetables WHOLE FRUIT	13 Spaghetti & Meatballs Marinara Sauce Spinach WHOLE FRUIT
16 Chicken Stew Carrots, Celery, Onions, Tomatoes, Parsley Potatoes, Green Beans Whole Wheat Bread WHOLE FRUIT	17 Korean Beef Ginger, Bamboo Shoots, Scallions Mixed Rice Broccoli & Carrots ORANGE	18 Mediterranean Lemon Chicken with Olives Parsley Potatoes Manhattan Blend Whole Wheat Bread WHOLE FRUIT	19 Pork Posole with Hominy, Cilantro Mixed Rice Corn ORANGE	20 Chicken Romesco Tomato Sauce with Red Peppers Wheat Pasta Italian Vegetables WHOLE FRUIT
23 Garlic & Herb Chicken Cream Sauce Mixed Rice Broccoli & Carrots WHOLE FRUIT	24 Meatloaf Mashed Potatoes, Gravy, Peas & Carrots Whole Wheat Bread ORANGE	25 Roast Turkey Mixed Grain Stuffing Sweet Potatoes Green Beans WHOLE FRUIT & PIE	26 THANKSGIVING DAY HOLIDAY CLOSED	27 THANKSGIVING HOLIDAY CLOSED
30 Salisbury Steak with Mushroom Sauce, Mashed Potatoes, Carrots Whole Wheat Bread ORANGE			Menu subject to change Denotes meal \geq 1000 mg Sodium 1% Milk served daily	Location Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024

SENIOR NUTRITION INFORMATION

RESERVATIONS



Call 760-943-2258
by 9:00 a.m. the day
before you get your meal

(For Monday reservations, calls need to be made by Friday morning)

Curbside Pickup


During the COVID-19 pandemic, meals are distributed via curbside pickup at the Encinitas Senior Center by trained staff wearing gloves and masks for your protection.

Lunch is distributed curbside between 11:30 a.m.—12:30 p.m. Monday through Friday except city holidays

(Please remain in your vehicles at all times)

Meal Delivery

Eligible seniors living in Encinitas may request for their meal to be delivered by trained staff members adhering to COVID-19 health protocols. For more information please call 760-943-2258.

Menu subject to change without prior notice. The Encinitas Senior Center is located at 1140 Oakcrest Park Drive in Encinitas, CA 92024.  Indicates sodium content over 1,000 mg. 1 % Milk served daily

The café is supported by the Older Americans Act Grant Funds, awarded through the County Aging & Independence Services and supported by the City of Encinitas and general meal donations.

No eligible person shall be denied a meal because of inability to contribute.